



**A Community Wellness Program designed to foster support for everyone in the USAG Bamberg Community during the deployment**

**Objective: Walk the distance from Germany to Afghanistan or Iraq (or wherever your loved ones or friends may be deployed)**

- Also accumulate miles by running, biking, swimming, etc.
- Earn bonus miles by participating in lots of other healthy community programs and activities offered by MWR and others.
- Program Benefits:
  - ü Improve your health and feel better
  - ü Create a spiritual connection with those deployed
  - ü Increase overall community connectedness
  - ü Free fitness assessment and pedometer (while supplies last)
- Prizes and community recognition will be awarded.

**For enrollment information email [Bamberg-Health-Promotion@98asg.us.army.mil](mailto:Bamberg-Health-Promotion@98asg.us.army.mil), or call DSN 354-6793**



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## **Fitness Assessment dates and times:**

- June 12, from 0900-1200
- June 13, from 1200-1500 & 1630-1900
- June 14, from 0900-1200



**ü Assessments will take place at Freedom Fitness Center**

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